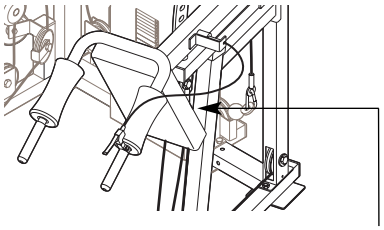
NordicTrack® GRT 950

Model No. NTSY39210
Serial No. _____
Write the serial number in the space above for future reference.



Serial Number Decal
(Behind Backrest)

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

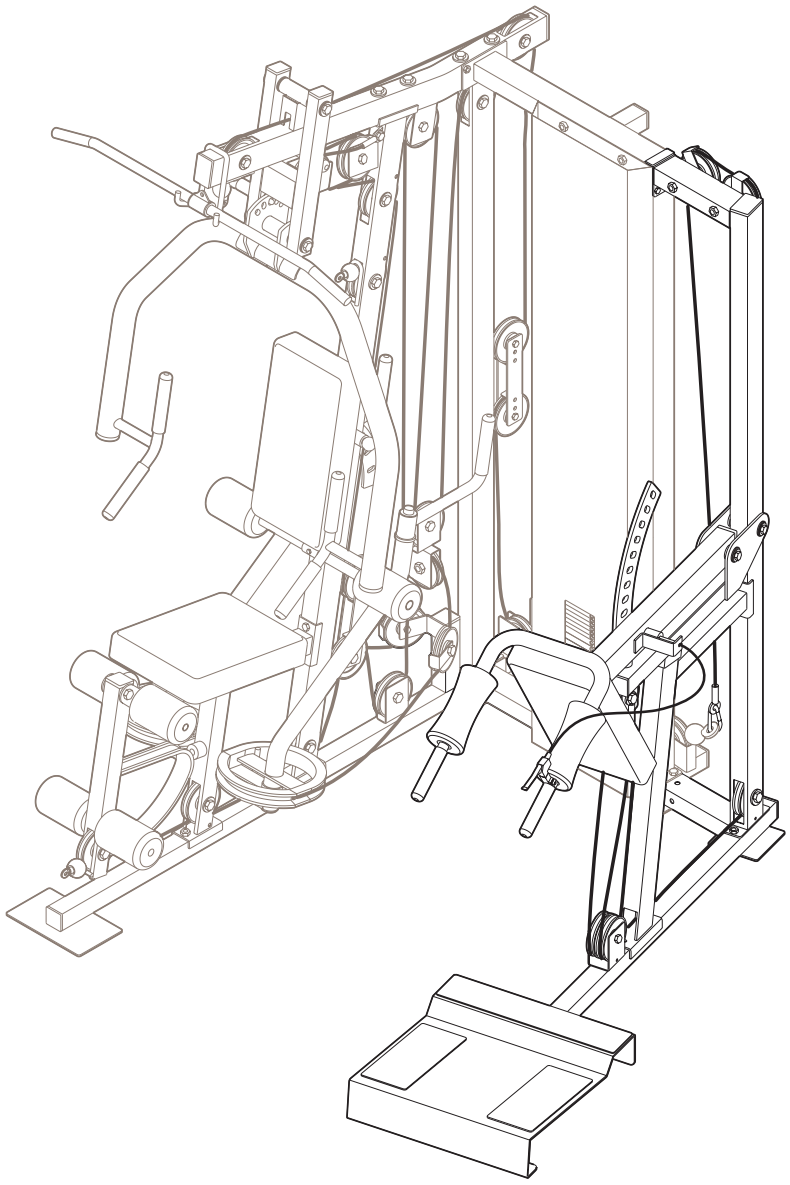
TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge.

CUSTOMER HOT LINE:
1-888-825-2588
Mon.–Fri., 6 a.m.–6 p.m. MST

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



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www.nordictrack.com

new products, prizes, fitness tips, and much more!

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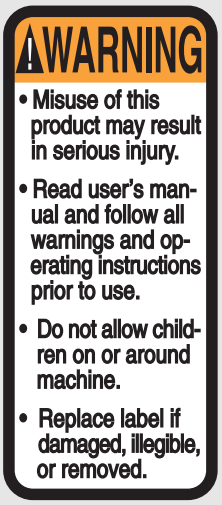
Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the center of this manual. Remove the PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING before beginning assembly.

NordicTrack is a registered trademark of ICON Health & Fitness, Inc.

IMPORTANT PRECAUTIONS

⚠WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight system.

1. Read all instructions in this manual before using the weight system. Use the weight system only as described in this manual.
2. It is the responsibility of the owner to make that all users of the weight system are adequately informed of all precautions.
3. The weight system is intended for home use only. Do not use the weight system in any commercial, rental, or institutional setting.
4. Use the weight system only on a level surface. Cover the floor beneath the weight system to protect the floor.
5. Make sure that all parts are properly tightened each time you use the weight system. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight system at all times.
7. Keep hands and feet away from moving parts.
8. Make sure that the cables remain on the pulleys at all times. If the cables bind as you are exercising, stop immediately and make sure that the cables are on the pulleys.
9. Always wear athletic shoes for foot protection while exercising.
10. The weight system is designed to support a maximum user weight of 300 pounds.
11. Make sure that the weight pin is fully inserted into the weight stack before you exercise.
12. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.
13. The decal shown here has been placed on the weight system in the location shown on page 4. If the decal is missing or illegible, call our toll-free Customer Hot Line at 1-888-825-2588 and order a free replacement decal. Apply the decal in the location shown.


WARNING
• Misuse of this product may result in serious injury.
• Read user's manual and follow all warnings and operating instructions prior to use.
• Do not allow children on or around machine.
• Replace label if damaged, illegible, or removed.

Warning Decal

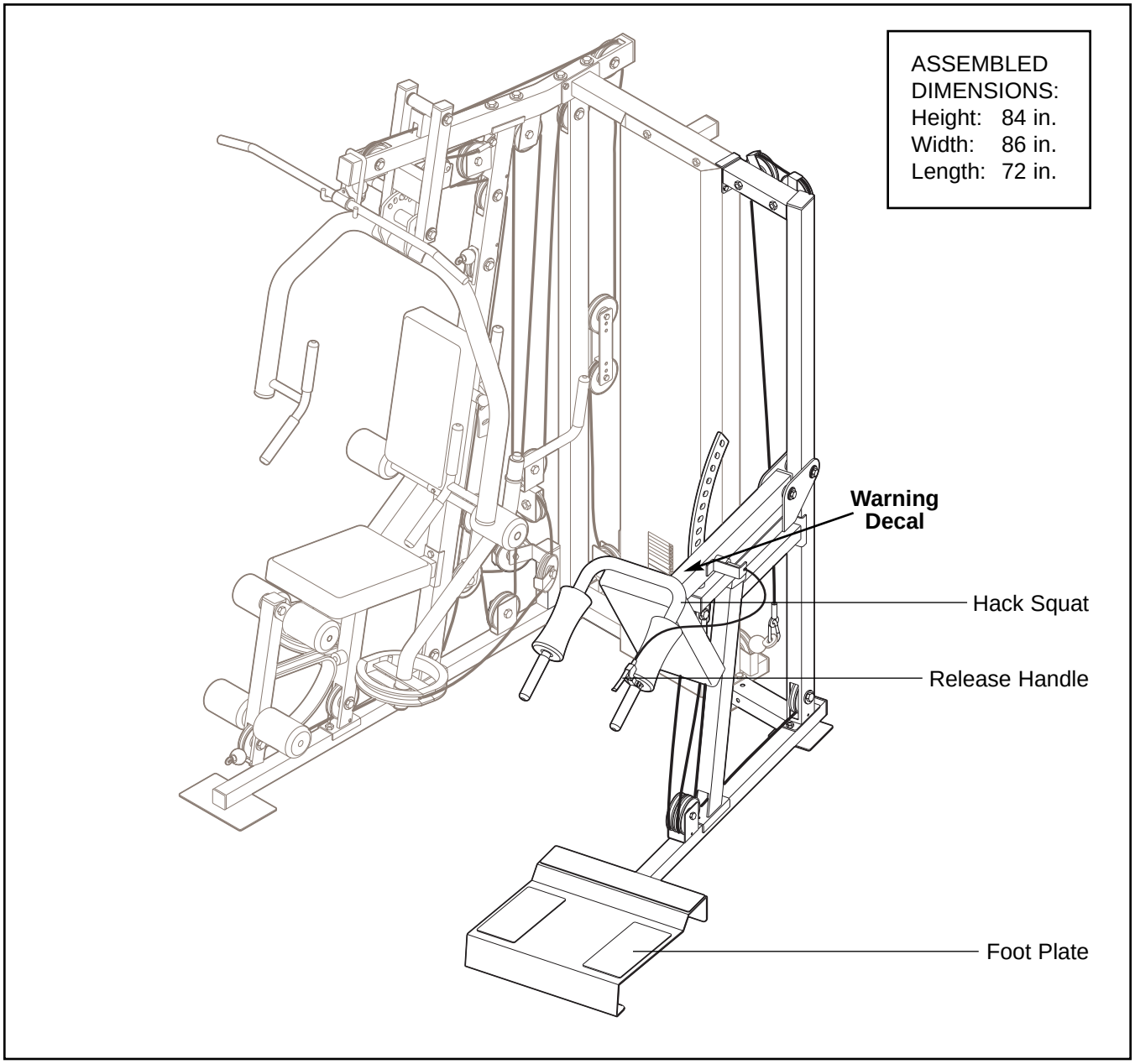
⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Thank you for selecting the versatile NordicTrack® GRT 950 weight system attachment. The weight system attachment is designed to develop the muscle groups of the lower body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the attachment will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight system attachment. If you have additional questions, please call our Customer Service Department toll-free at 1-888-825-2588, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is NTSY39210. The serial number can be found on a decal attached to the attachment (see the front cover of this manual).

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



ASSEMBLY

Make Assembly Easier for Yourself

Everything in this manual is designed to ensure that the weight system can be assembled successfully by most people. **Before beginning assembly, make sure to read the information on this page. This brief introduction will save you much more time than it takes to read it.**

Assembly Requires Two Persons

For your convenience and safety, assemble the weight system with the help of another person.

Set Aside Enough Time

Due to the many features of the weight system, the assembly process will take a few hours. By setting aside plenty of time and by deciding to make the task enjoyable, assembly will go smoothly. You may want to assemble the weight system over a couple of evenings.

Select a Location for the Weight System

Because of its weight and size, the weight system should be assembled in the location where it will be used. Make sure that there is enough room to walk around the weight system as you assemble it.

How to Unpack the Box

To make assembly as easy as possible, we have divided the assembly process into four stages. The parts needed for each stage are found in individual bags. **Important: Wait until you begin each stage to open the parts bag for that stage.** Place all parts of the weight system in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Make sure you have the following tools:

- Two adjustable wrenches
- One standard screwdriver
- One phillips screwdriver
- One rubber mallet
- You will also need grease or petroleum jelly, a small amount of soapy water, and clear tape or masking tape.

Note: Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

How to Identify Parts

To help you identify the small parts used in assembly, we have included a ***PART IDENTIFICATION CHART*** in the center of this manual. Place the chart on the floor and use it to easily identify parts during each assembly step. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**

How to Orient Parts

As you assemble the weight system, make sure that all parts are oriented exactly as shown in the drawings.

Tightening Parts

Tighten all parts as you assemble them, unless instructed to do otherwise.

Questions?

If you have questions after reading the assembly instructions, please call our Customer Service Department at 1-888-825-2588.

The Four Stages of the Assembly Process

Frame Assembly—You will begin by assembling the base and the uprights that form the skeleton of the weight system.

Arm Assembly—During this stage you will assemble the arms and the leg lever.

Cable Assembly—During this stage you will attach the cables and pulleys that connect the arms to the weights.

Seat Assembly—During the final stage you will assemble the seats and the backrests.

Frame Assembly

1. **Before beginning assembly, make sure that you understand the information on page 5. This brief introduction will save you much more time than it takes to read it.**

   Remove the 50mm x 75mm inner cap w/ slot (A), the four M10 x 67mm carriage bolts (B), and the four M10 nylon locknuts (C) from the rear base (D).

2. Press a 50mm Square Inner Cap (25) into the indicated end of the Hack Squat Base (1).

   Insert four M10 x 67mm Carriage Bolts (33) up through the bottom of the Hack Squat Base (1). Slide the Hack Squat Base into the rear base (C). **Note: If the Bolts fall out, stick a piece of tape over the bolt heads to hold them in.**

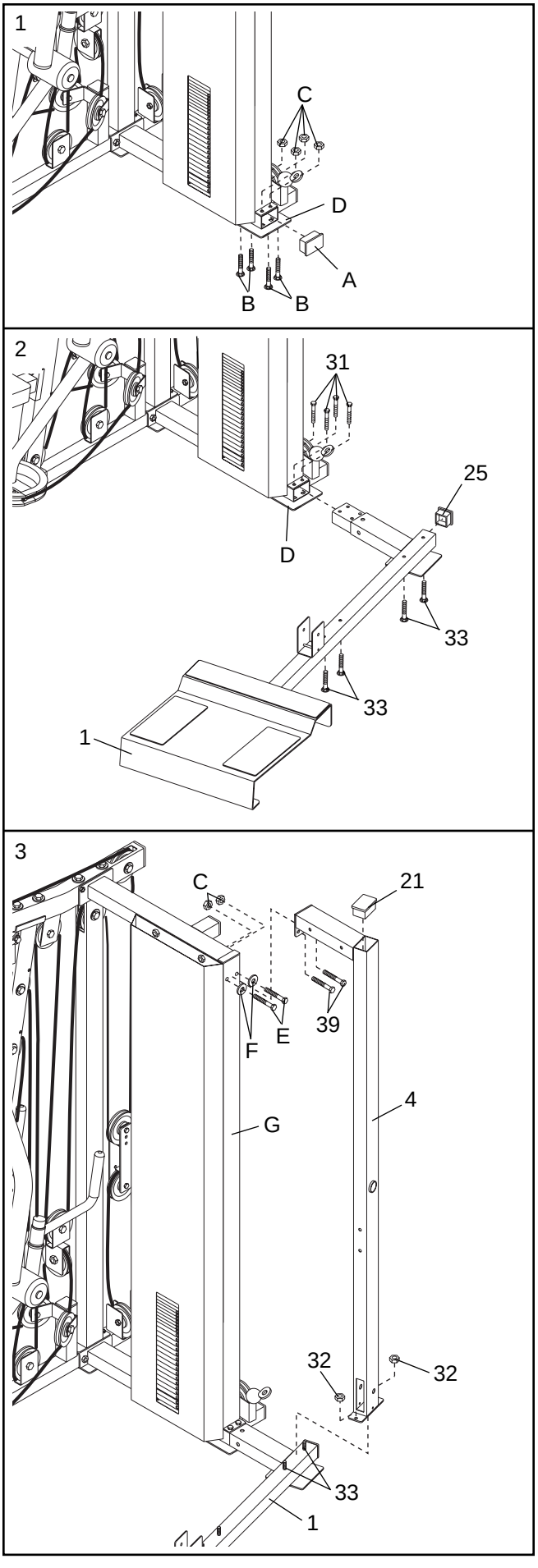
   Secure the Hack Squat Base (1) to the rear base (D) with four M10 x 25mm Bolts (31).

3. Press a 75mm x 50mm Inner Cap (21) into the top of the Hack Squat Upright (4).

   Remove the indicated two M10 x 45mm bolts (E), two M10 washers (F), and two M10 Nylon Locknuts (C) from the left upright (G).

   Attach the Hack Squat Upright (4) to the two M10 x 67mm Carriage Bolts (33) in the Hack Squat Base (1) with two M10 Locknuts (32). **Do not tighten the Locknuts yet.**

   Attach the Hack Squat Upright (4) to the left upright (G) with two M10 x 50mm Bolts (39) and two M10 Nylon Locknuts (C).

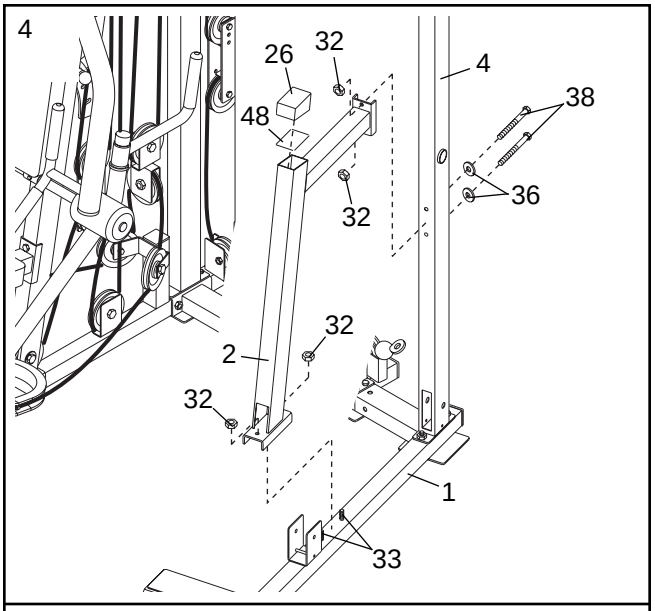


4. Press the 75mm x 50mm Spacer (48) into the 82mm x 57mm Outer Cap (26). Press the Outer Cap onto the Hack Squat Leg (2).

   Attach the Hack Squat Leg (2) to the two M10 x 67mm Carriage Bolts (33) in the Hack Squat Base (1) with two M10 Locknuts (32).

   Attach the Hack Squat Leg (2) to the Hack Squat Upright (4) with two M10 x 95mm Bolts (38), two M10 Washers (36), and two M10 Locknuts (32).

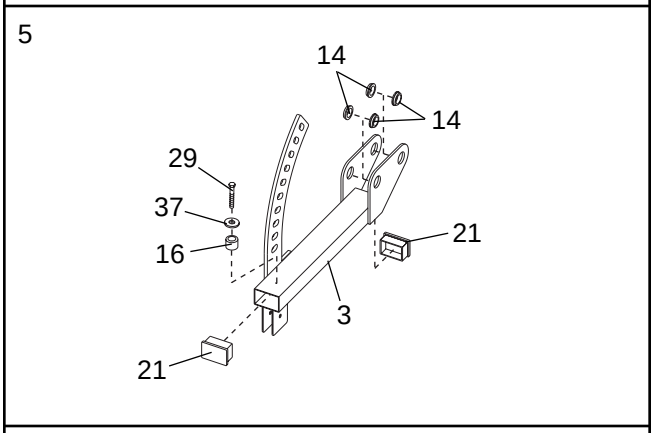
   Tighten the M10 Locknuts (32) used in steps 3 and 4.



Arm Assembly

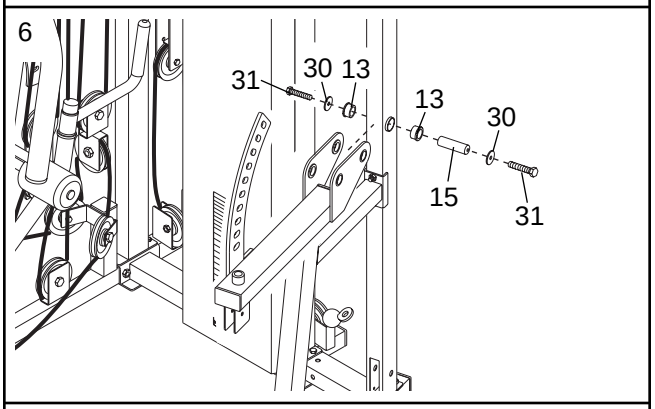
5. Press two 75mm x 50mm Inner Caps (21) into the Hack Squat Bracket (3). Press four 34mm Bushings (14) into the Hack Squat Bracket.

   Attach the Hack Squat Bumper (16) to the Hack Squat Bracket (3) with an M4 Washer (37) and an M4 x 20mm Screw (29).



6. Press two 34mm x 19mm Bushings (13) into the Hack Squat Upright (4).

   Attach the Hack Squat Bracket (3) to the Hack Squat Upright (4) with a 25mm x 86mm Pivot Rod (15), two M10 Large Washers (30), and two M10 x 25mm Bolts (31).

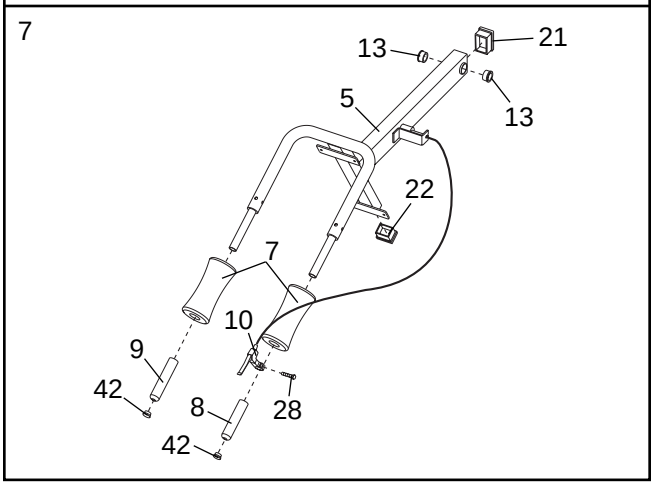


7. Press a 75mm x 50mm Inner Cap (21) into the end of the Hack Squat Frame (5). Press a 50mm x 40mm Inner Cap (22) into the bottom of the backrest tube on the Frame. Press two 34mm x 19mm Bushings (13) into the Hack Squat Frame.

   Slide two Foam Pads (7) onto the Hack Squat Frame (5).

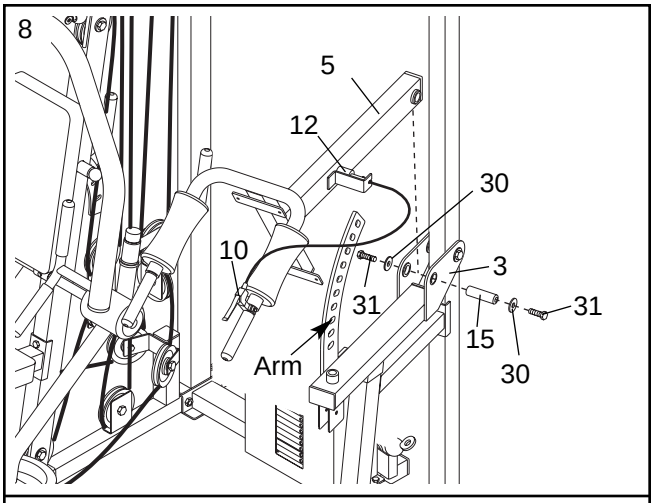
   Attach the Release Handle (10) to the Hack Squat Frame (5) with an M6 x 25mm Allen Head Screw (28).

   Slide the Handgrip (8) and the Long Handgrip (9) onto the indicated handles of the Hack Squat Frame (5). Press two 25mm Round Inner Caps (42) into the handles on the Frame.



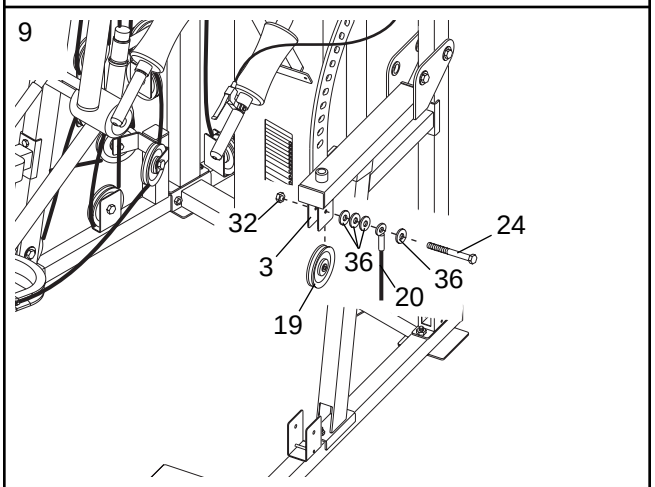
8. Attach the Hack Squat Frame (5) to the Hack Squat Bracket (3) with a 25mm x 86mm Pivot Rod (15), two M10 Large Washers (30), and two M10 x 25mm Bolts (31).

   Squeeze the Release Handle (10) and align the Hack Squat Pin (12) with a hole in the arm on the Hack Squat Bracket (3). Let go of the Release Handle so that the Hack Squat Pin engages the hole.

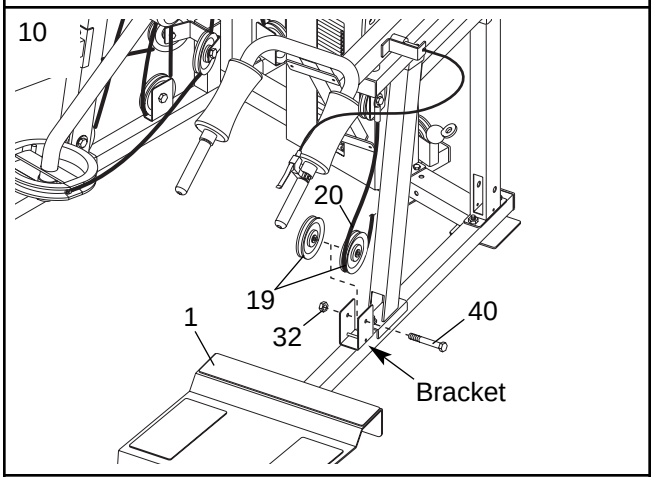


Cable Assembly

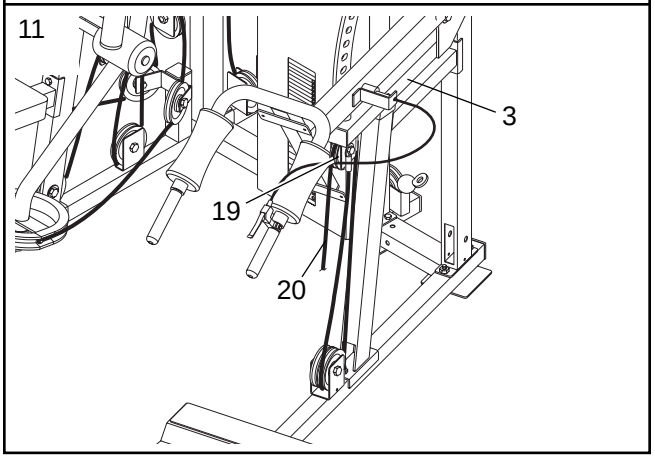
9. **Locate the Hack Squat Cable (20).** Attach the Cable and a Pulley (19) to the Hack Squat Bracket (3) with an M10 x 60mm Bolt (24), four M10 Washers (36), and an M10 Locknut (32).



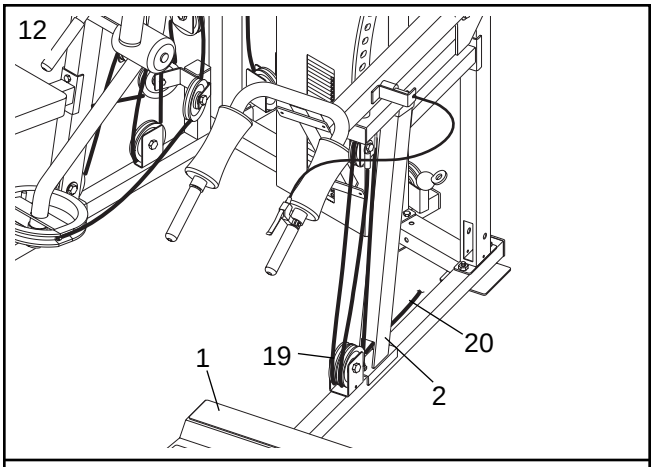
10. Wrap the Hack Squat Cable (20) around a Pulley (19). Attach the Pulley, along with another Pulley, inside the bracket on the Hack Squat Base (1) with an M10 x 70mm Bolt (40) and an M10 Locknut (32).



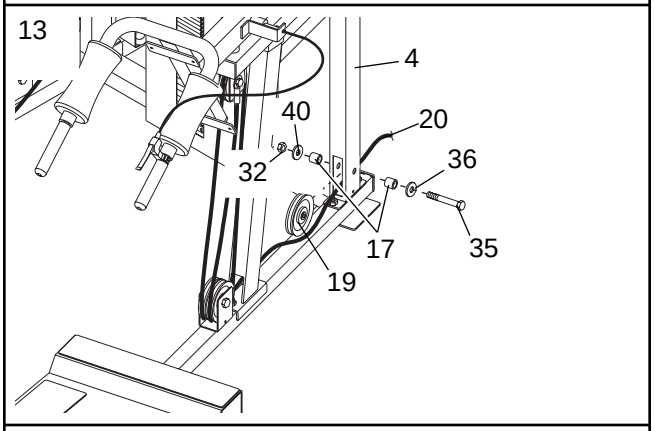
11. Route the Hack Squat Cable (20) over the Pulley (19) attached to the Hack Squat Bracket (3) in step 9. **Make sure that the Cable is routed over the Pulley from the back to the front.**



12. Route the Hack Squat Cable (20) around the other Pulley (19) attached to the Hack Squat Base (1) in step 10, and through the Hack Squat Leg (2).



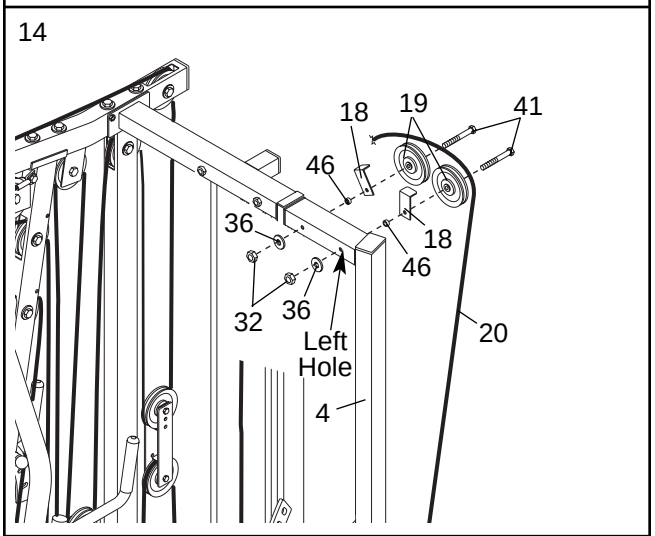
13. Route the Hack Squat Cable (20) under a Pulley (19) and through the Hack Squat Upright (4). Attach the Pulley inside the Upright with an M10 x 65mm Bolt (35), two 15mm x 12mm Spacers (17), two M10 Washers (36), and an M10 Locknut (32).



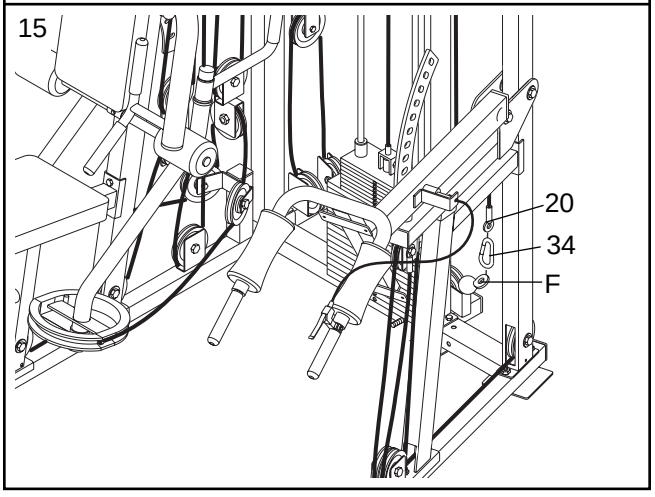
14. Wrap the Hack Squat Cable (20) around a Pulley (19). Attach the Pulley and a Cable Trap (18) to the left hole in the top of the Hack Squat Upright (4) with an M10 x 125mm Bolt (41), a 15mm x 8mm Spacer (46), an M10 Washer (36), and an M10 Locknut (32).

    Wrap the Hack Squat Cable (20) around another Pulley (19). Attach the Pulley and a Cable Trap (18) to the other hole in the Hack Squat Upright (4) in the same manner.

    Make sure the Cable Traps (18) are positioned to hold the Hack Squat Cable (20) in the grooves of the Pulleys (19).

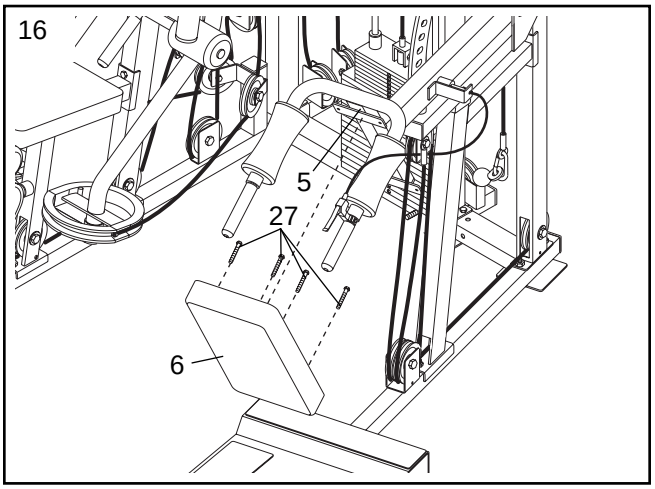


15. Attach the end of the Hack Squat Cable (20) to the end of the rear cable (F) with a Cable Clip (34).



Seat Assembly

16. Attach the Hack Squat Backrest (6) to the Hack Squat Frame (5) with four M6 x 16mm Bolts (27).



17. Make sure that all parts have been properly tightened. Before using the weight system, pull each cable a few times to make sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAM on page 11 for proper cable routing.**

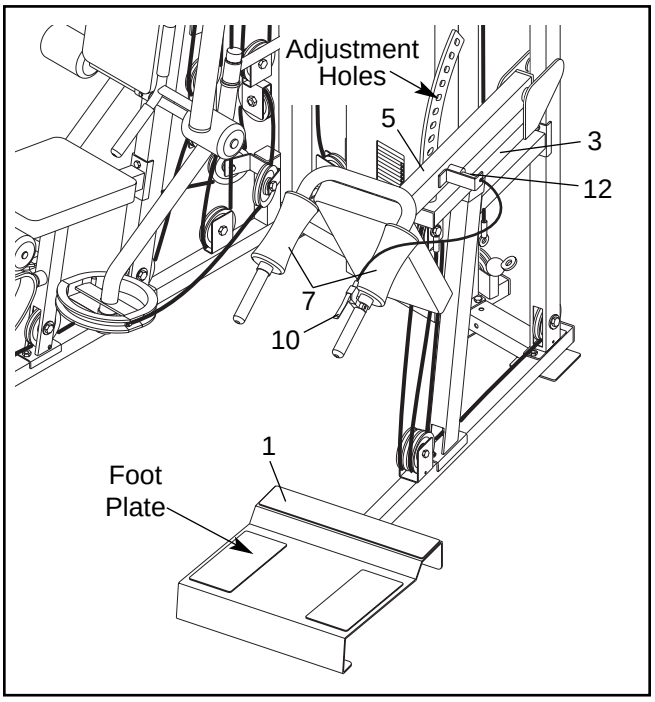
ADJUSTMENTS

This section explains how to adjust the weight system attachment. Make sure all parts are properly tightened each time you use the weight system. Replace any worn parts immediately. The weight system can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE HACK SQUAT

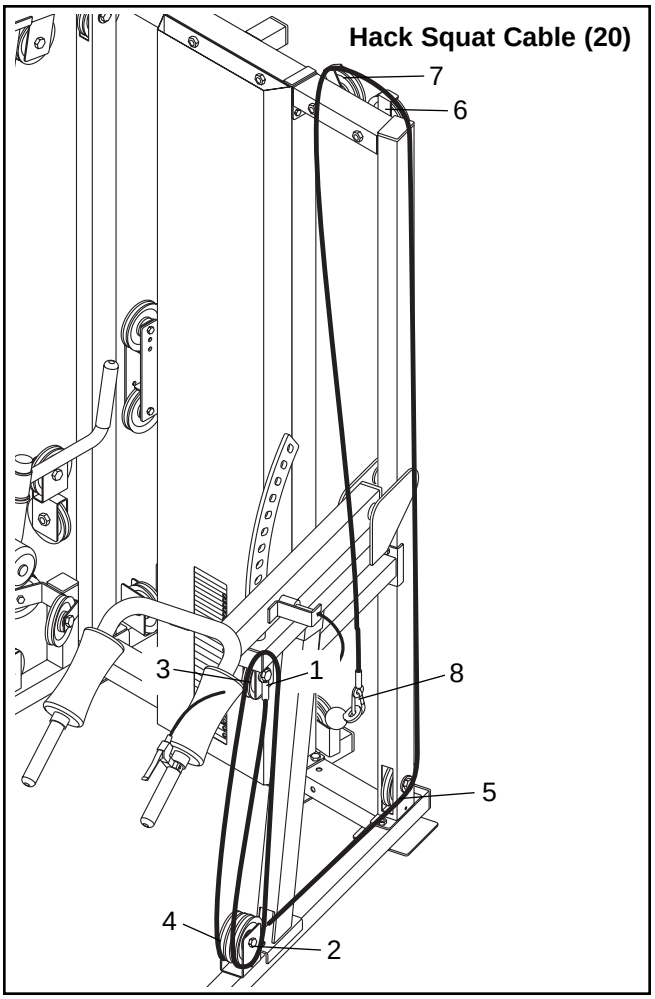
Stand on the foot plate on the Hack Squat Base (1) with your shoulders under the Foam Pads (7). Squeeze the Release Handle (10) and move the Hack Squat Frame (5) to the desired position. Release the Handle, and engage the Hack Squat Pin (12) into an adjustment hole in the Hack Squat Bracket (3).

⚠ WARNING: Make sure the Hack Squat Pin (12) fully engages the Hack Squat Bracket (3) before you use the Hack Squat.



CABLE DIAGRAM

The cable diagram shows the proper routing of the Hack Squat Cable (20). Use the diagram to make sure that the cable has been assembled correctly. If the cable has not been correctly routed, the weight system will not function properly and damage may occur. The numbers show the correct route for the cable. **Make sure that the cable traps do not touch or bind the cable.**



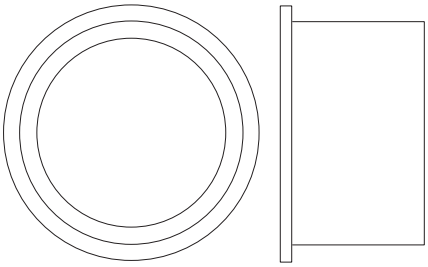
WEIGHT RESISTANCE CHART

This chart shows the approximate weight resistance for the hack squat station. “Top” refers to the 5-lb. top weight. The other numbers refer to the seven 5-lb. weight plates and the sixteen 10-lb. weight plates. **Note: The actual resistance may vary due to differences in individual weight plates, as well as friction between the cables, pulleys, and weight guides.**

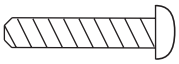
WEIGHT PLATES	HACK SQUAT (lbs.)	WEIGHT PLATES	HACK SQUAT (lbs.)
Top	58	12	211
1	70	13	226
2	79	14	242
3	85	15	257
4	105	16	272
5	116	17	289
6	127	18	305
7	135	19	319
8	149	20	335
9	165	21	351
10	181	22	366
11	196	23	381

PART IDENTIFICATION CHART—Model No. NTSY39210

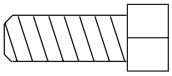
R0303A



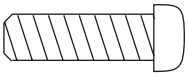
34mm x 19mm Bushing (13)



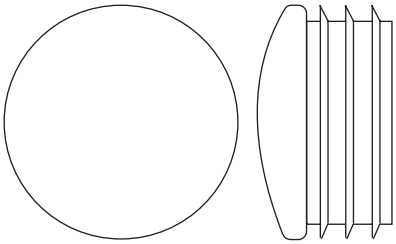
M4 x 20mm Screw (29)



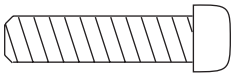
M6 x 16mm Bolt (27)



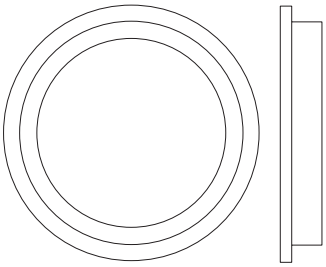
M6 x 20mm Allen Head Screw (23)



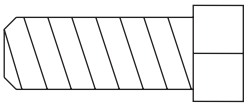
31mm Round Inner Cap (42)



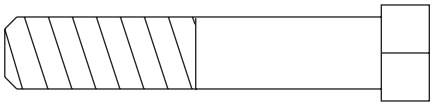
M6 x 25mm Allen Head Screw (28)



34mm Bushing (14)

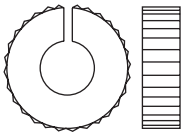


M10 x 25mm Bolt (31)

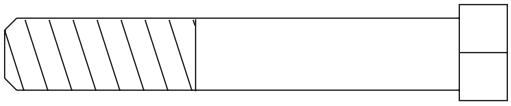


M10 x 50mm Bolt (39)

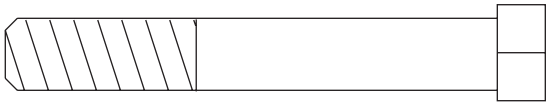
M4 Washer (37)



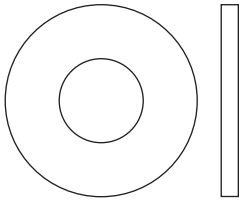
M7 Nut (47)



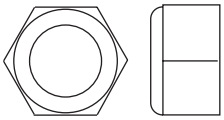
M10 x 60mm Bolt (24)



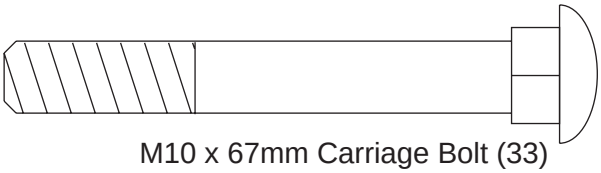
M10 x 65mm Bolt (35)



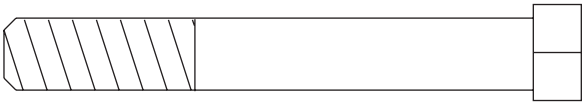
M10 Washer (36)



M10 Locknut (32)

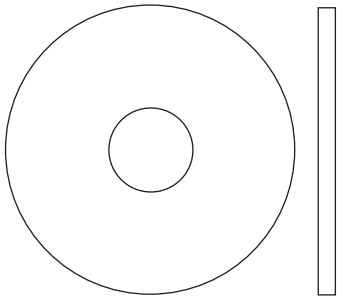


M10 x 67mm Carriage Bolt (33)

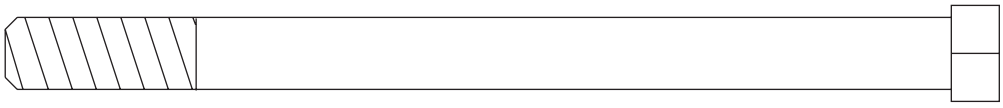


M10 x 70mm Bolt (40)

M10 x 95mm Bolt (38)



M10 Large Washer (30)



M10 x 125mm Bolt (41)

PART LIST—Model No. NTSY39210

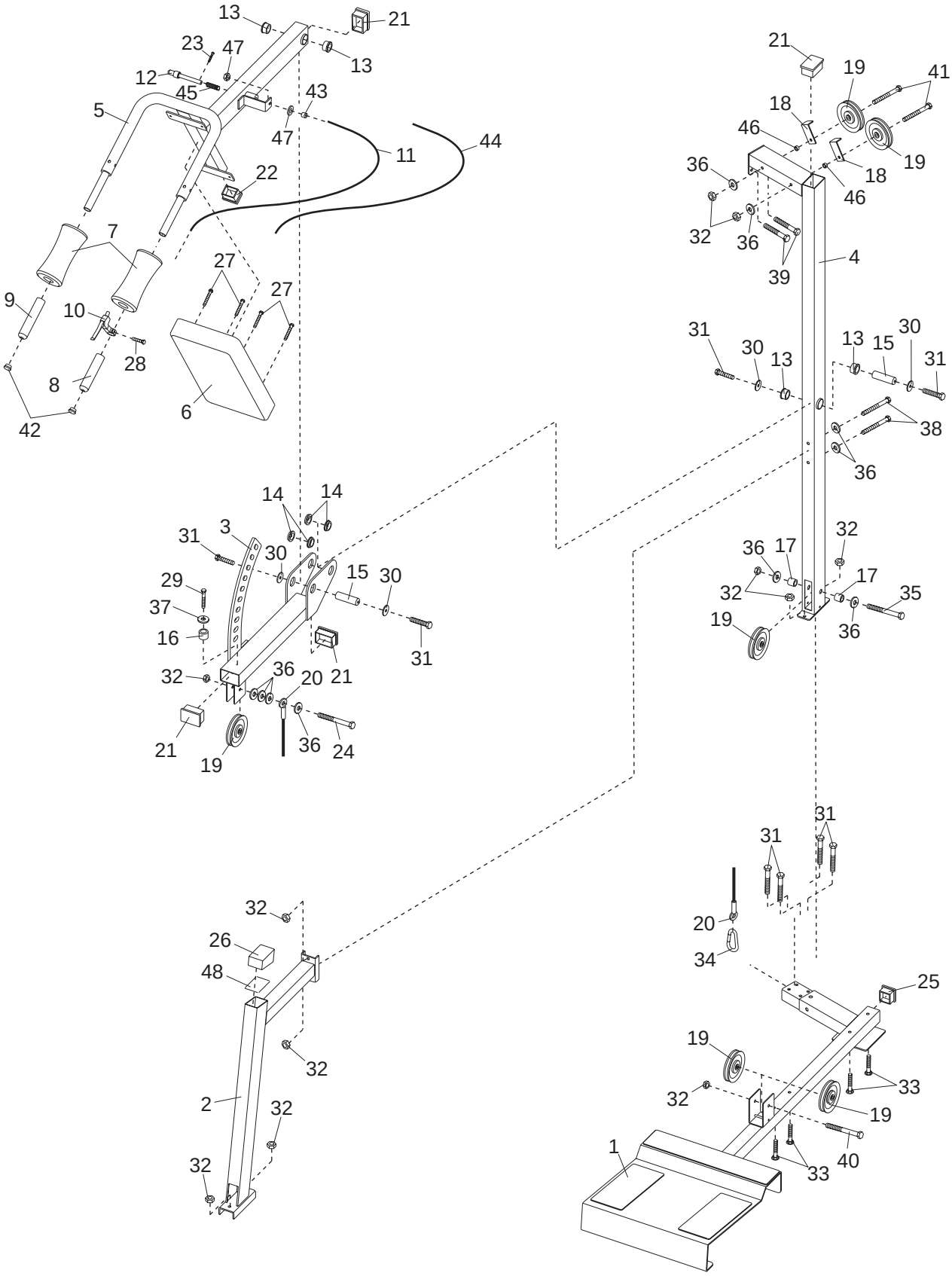
R0303A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Hack Squat Base	26	1	82mm x 57mm Outer Cap
2	1	Hack Squat Leg	27	4	M6 x 16mm Bolt
3	1	Hack Squat Bracket	28	1	M6 x 25mm Allen Head Screw
4	1	Hack Squat Upright	29	1	M4 x 20mm Screw
5	1	Hack Squat Frame	30	4	M10 Large Washer
6	1	Hack Squat Backrest	31	8	M10 x 25mm Bolt
7	2	Foam Pad	32	11	M10 Locknut
8	1	Handgrip	33	4	M10 x 67mm Carriage Bolt
9	1	Long Handgrip	34	1	Cable Clip
10	1	Release Handle	35	1	M10 x 65mm Bolt
11	1	Release Cable	36	10	M10 Washer
12	1	Hack Squat Pin	37	1	M4 Washer
13	4	34mm x 19mm Bushing	38	2	M10 x 95mm Bolt
14	4	34mm Bushing	39	2	M10 x 50mm Bolt
15	2	25mm x 86mm Pivot Rod	40	1	M10 x 70mm Bolt
16	1	Hack Squat Bumper	41	2	M10 x 125mm Bolt
17	2	15mm x 12mm Spacer	42	2	31mm Round Inner Cap
18	2	Cable Trap	43	1	Cable Attach
19	6	Pulley	44	1	Release Cable Cover
20	1	Hack Squat Cable	45	1	Spring
21	4	75mm x 50mm Inner Cap	46	2	15mm x 8mm Spacer
22	1	50mm x 40mm Inner Cap	47	2	M7 Nut
23	1	M6 x 20mm Allen Head Screw	48	1	75mm x 50mm Spacer
24	1	M10 x 60mm Bolt	#	1	User’s Manual
25	1	50mm Square Inner Cap			

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user’s manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. NTSY39210

R0303A



ORDERING REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at 1-888-825-2588, Monday through Friday, 6 a.m. until 6 p.m. MST (excluding holidays). Please be prepared to give the following information:

1. The MODEL NUMBER of the product (NTSY39210)
2. The NAME of the product (NordicTrack® GRT 950 weight system attachment)
3. The SERIAL NUMBER of the product (see the front cover of this manual)
4. The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING at the center of this manual)

LIMITED WARRANTY

WHAT IS COVERED—The entire NordicTrack® GRT 950 weight system attachment ("Product") is warranted to be free of all defects in material and workmanship.

WHO IS COVERED—The original purchaser or any person receiving the Product as a gift from the original purchaser.

HOW LONG IS IT COVERED—ICON Health & Fitness, Inc. ("ICON"), warrants the product frame for five years after the date of purchase. ICON warrants all other parts for one year after the date of purchase. Labor is covered for one year.

WHAT WE DO TO CORRECT COVERED DEFECTS—We will ship to you, without charge, any replacement part or component, providing the repairs are authorized by ICON first and are performed by an ICON trained and authorized service provider, or, at our option, we will replace the Product.

WHAT IS NOT COVERED—Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, alterations, modifications without our written authorization or by failure on your part to use, operate, and maintain as set out in your User's Manual ("Manual").

WHAT YOU MUST DO—Always retain proof of purchase, such as your bill of sale; store, operate, and maintain the Product as specified in the Manual; notify our Customer Service Department of any defect within 10 days after discovery of the defect; as instructed, return any defected part for replacement or, if necessary, the entire product, for repair.

USER'S MANUAL—It is VERY IMPORTANT THAT YOU READ THE MANUAL before operating the Product. Remember to do the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

HOW TO GET PARTS AND SERVICE—Simply call our Customer Service Department at 1-888-825-2588 and tell them your name and address and the serial number of your Product. They will tell you how to get a part replaced, or if necessary, arrange for service where your Product is located or advise you how to ship the Product for service. Before shipping, always obtain a Return Authorization Number (RA No.) from our Customer Service Department; securely pack your Product (save the original shipping carton if possible); put the RA No. on the outside of the carton and insure the product. Include a letter explaining the product or problem and a copy of your proof of purchase if you believe the service is covered by warranty.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

No one is authorized to change, modify or extend the terms of this limited warranty. This warranty gives you specific legal rights and you may have other rights which vary from state to state.

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